

'the best things in life come naturally'



chinalife



中華養生堂



teahouse & body clinic
menu

chinalifeweb.com

CHINESE TEA

Exclusive premium grade teas sourced from all over China and brewed to perfection.

green

AUTUMN PEAK (*Long Ding Cha*) Delicate autumnal flavours with a scent of freshly cut grass. £1.80

MOUNTAIN GREEN (*You Ji Cha*) Helps digestion and clears a cloudy head. Clean flavours with an earthy after-taste. £1.80

HENAN GREEN (*Xing Ying Mao Jian*) A dry refreshing tea from Henan with subtle fruity under-tones and a crisp finish. £1.60

IMPERIAL GREEN (*Long Jing Cha*) Formerly the exclusive tea for the Chinese Emperor. A rich and earthy green. £2.10

SNOW DRAGON GREEN (*Chen Tian Xue Long*) A very distinctive tea. Clean, pale and refreshing, with subtle pear notes. £1.90

SOUTH SEA GREEN (*Mao Jian Cha*) A full bodied tea with a rounded, slightly nutty flavour. £1.80

SPRING HARVEST (*Bi Lou Chuen Cha*) A refreshing tea. Light, clean and dry. Perfect to clean the palate during meals. £1.90

red

DYNASTIC RED (*Qi Men Hong Cha*) A red from ancient China with a delicately spiced flavour and perfumed nose. £1.60

GOLDEN STRAND (*Ginsi Chen Hong*) A mild, mellow red tea from Yunnan. Clean tasting with a smooth very rounded finish. £1.90

RED EARTH (*Pu Er Cha*) A dark and earthy red with a lively smoky flavour and exceptionally dry finish. £1.60

YUNNAN RED (*Chen Hong Cha*) A very rich and strong tea for the connoisseur. Remarkable in aiding fat digestion. £1.60

jasmine

DEW DROP JASMINE (*Mo Li Mao Jian Cha*) An incredibly fresh, spring tea from the tips of young jasmine shoots. £1.80

FLOWERING JASMINE (*Mo Li Hua Cha*) Harvested just as the jasmine begins flowering, infusing it with a mature flavour. £1.60

DRAGON PEARL JASMINE (*Mo Li Long Zhu Cha*) Intense jasmine blossoms in the pot with a very clean after-taste. £1.90

special

AMACHAZURU FIVE LEAF A rich, sweet tea effective in strengthening the immune system. £1.80

GINKGO LEAF TIPS (*Bai Guo*) Famous Chinese herb known to stimulate the mind, improve memory and prevent senility. £1.80

RIVER HIGH (*Dolong Ren Shen Cha*) An exotic combination of finest oolong and ginseng leaves that boosts energy levels. £1.80

CHAMOMILE A calming and soothing tea made from loose flowers. £1.20

CHRYSANTHEMUM A sweet, clean tasting tea made from flowers from China. £1.20

PEPPERMINT A refreshing, sweet tea made from Chinese mint. £1.20

TEA CEREMONY

Experience the ultimate art of tea drinking.

The intricacies of the tea ceremony are part of China's ancient history and have been passed untouched through thousands of years. The art of the ceremony is to release the optimal flavour, scent and vital energy of the finest tea leaves. An experienced and graceful hostess prepares and serves the tea at the table according to a traditional craft, resulting in a potent brew rich in taste and smell that raises the spirits and expels negative energy. In China this releasing of the spirit of the tea is considered a magical almost narcotic experience, creating a sense of calm, balance and inspiration. The tea ceremony is the perfect way to take a moment with friends to escape from the strains of modern living and recharge.

Our experienced hostess will brew and serve the finest tea at your table according to the traditions of the Chinese tea ceremony for the perfect drinking experience. Price includes a pack of tea and service for 2 rounds of the ceremony. £20 for 2-4 people.

THE TEA CEREMONY IS ONLY SUITED SPECIFIC OOLONG TEAS. PLEASE ASK YOUR SERVER.

ICED TEA

All the goodness of freshly brewed tea in a cool refreshing drink delicately flavoured with fresh lime and honey.

SNOW DRAGON ICED TEA Clean, pale and refreshing, with subtle pear notes. £2.20

DEW DROP ICED TEA An incredibly fresh, spring tea from the tips of young jasmine shoots. £2.20

RIVER HIGH ICED TEA An exotic combination of finest oolong and ginseng leaves that boosts energy levels. £2.20

FRESH JUICE

Pure, pressed juices.

APPLE £1.80

ORANGE £1.80

MANGO & COCONUT MILK SMOOTHIE £2.90



SOYA MILK

Cold, refreshing soya milk. A tasty & healthy alternative to dairy.

PLAIN Slightly sweetened soya milk. £1.20

COCONUT Combined with coconut milk. £1.60

CHOCOLATE Flavoured with chocolate. £1.60

TONIC SHOTS

Exclusive oral tonic shots containing premium grade herbal extracts. (SUGARFREE)

BE TONIC A potent, high grade tonic containing Ling Chih, known in China as the elixir of immortality. It is a rare herb considered to be one of the most precious Chinese tonics with numerous health benefits from boosting the immune system, and recovering strength and stamina, to reducing hypertension and combatting ageing and memory loss. 90p

QI TONIC This high grade tonic contains American White Ginseng, a fabulous herb that helps combat fatigue and increase energy levels and mental alertness. This is blended with Chinese Astragalus, an immune enhancing herb. Perfect for those who lead busy lives and need a natural, healthy energy boost. 90p

E TONIC Containing premium grade herbs to calm and balance erratic emotions. Chai hu promotes Qi circulation and relieves emotional stress. Bai Shao Yao soothes and strengthens the liver which is the organ that regulates emotions. Yu Jin relieves blood stasis and disperses any stagnation to allow the body to balance emotions. 90p

YIN YANG TONIC A tonic containing premium herbs traditionally used to promote a healthy libido and maintain the health of the sexual system, used by the Chinese for centuries to increase sexual appetite, energy and function. 90p

FOOD

Delicious & healthy food.

(MSG FREE)

PORK, WATERCHESTNUT & CHINESE MUSHROOM DUMPLINGS £3.25 (£3.80 eat in)

SWEETCHILLI CHICKEN, GINGER & WOLFBERRY DUMPLINGS £3.25 (£3.80 eat in)

TOFU, CARROT, CHINESECABBAGE & CHINESEMUSHROOM DUMPLINGS £3.25 (£3.80 eat in)

SESAME PORK DUMPLINGS £3.25 (£3.80 eat in)

PRAWN, CHIVE & WATERCHESTNUT DUMPLINGS £3.25 (£3.80 eat in)

Six steamed dumplings served with a garnish of vietnamese salad and a black rice vinegar, ginger and coriander dipping sauce.



CHICKEN NOODLES

Angel hair rice noodles stir fried with Chinese spiced Chicken breast and tossed with beansprouts, spring onions, sugar snap peas, seasonal vegetables, and herbs. Served warm with a soy and sweet chilli dressing. £3.25 (£3.80 eat in)

VEGI NOODLES

Angel hair rice noodles stir fried with Chinese spiced Tofu and tossed with beansprouts, spring onions, sugar snap peas, seasonal vegetables, and herbs. Served warm with a soy and sweet chilli dressing. £3.10 (£3.65 eat in)



MANGOPUDDING

Fresh mango blended with evaporated milk and set in a luxurious pudding served cool. £2.20 (£2.60 eat in)

COCONUTPUDDING

Indulgent, creamy coconut pudding served cool and dusted with toasted plum kernels. £2.20 (£2.60 eat in)

YAM BISCUITS

A plate of our special crisp and light biscuits made with Yam flour. 95p (£1.10 eat in)

PLEASE NOTE THAT FOOD AND DRINKS ARE MADE FROM FRESH, RAW INGREDIENTS AND THEREFORE THERE IS A LIMITED SUPPLY. ITEMS ON THE MENU MAY BE UNAVAILABLE AND INGREDIENTS MAY ALTER SLIGHTLY.
ALL SAVOURY FOOD MAY CONTAIN PEANUTS

THE ART OF TEA

Tea is an art in the East, its selection, preparation and consumption have been ritualised over thousands of years. From the beautiful tea ceremonies to the hustle and bustle of a Chinese teahouse, tea is revered in the East as a gift to raise the spirits, calm the mind and promote longevity. In the West we have also come to appreciate the calming

effects of a good cuppa, but few of us realise just how good for you tea can be. Research has shown that the antioxidant flavonoids in tea can help protect you from heart attacks and strokes, can reduce the chance of cancer and can boost



the body's immune system. Recent studies also reveal that tea can improve memory, reduce the effects of old age and Alzheimers, soothe headaches, help burn fat, improve digestion, increase fertility and lower harmful cholesterol.

Every tea has a different composition of minerals and plant oils, each with their own unique health benefits and flavour. The art is to release the potential of the tea by preparing it properly. At Chinalife, all of our Chinese tea is prepared using the traditional Chinese method in order to ensure maximum flavour release. This results in a perfect drinking experience that will soothe and protect you from the strains of modern living.

If you are ruminating about the past, or worrying about the future, you will completely miss the experience of enjoying the cup of tea.

You will look down at the cup, and the tea will be gone.

Life is like that.

If you are not fully present, you will look around and it will be gone.

You will have missed the feel, the aroma, the delicacy and beauty of life.

It will seem to be speeding past you.



CHINALIFE BODYCLINIC

Using the expertise of our sister organisation AcuMedic, the Chinalife Bodyclinic offers our customers a range of services to relieve the stresses and strains of modern urban living. Our highly qualified doctors will be happy to give you a general health assessment and advise you on any health issues that you wish to discuss. Our masseurs will ease away the day to day grind with a back rub, reflexology, Tuina, or oriental face massage. Chinalife also offers a very special cosmetic acupuncture treatment to firm, soften and revitalize the face.

HEALTHASSESSMENT

One of our doctors will talk to you about any issues that you may wish to discuss and assess your general health using the specialized technique of Chinese Tongue and Pulse diagnosis. Your tongue is a map to your whole body and to the trained eye it reveals a great deal about your health (pick up a book or chart on Tongue diagnosis to find out more). Similarly, the doctor can discern from over 10,000 types of pulse to accurately understand the state of your internal organs. From this diagnosis, the doctor will advise you on ways to improve your health and lifestyle. **FREE OFCHARGE** (any donations to our charity fund would be most appreciated).

BACK RUB

A 15 minute back rub to ease the build up of harmful stress in your head, neck, shoulders and back using a combination of Western and Eastern massage techniques. A great way to relax and revitalise. **£10**

REFLEXOLOGY MASSAGE

Specialized 30 minute foot massage with herbal infused aromatherapy oils, using acupressure points to help balance your body, remove toxins and aid relaxation. You will also discover a great deal about imbalances in your body through tender points on your feet and be given advice on ways to remedy these imbalances. **£20**

ALL BODY TUINA MASSAGE

1 hour all over massage using the deep manipulation of Chinese Tuina therapy to relieve tired and tight muscles as well as acupressure to clear blockages along meridians which is essential for good health. This massage can be provided with herbal infused aromatherapy oils or dry. **£40**

ORIENTALFACE MASSAGE

A 30 minute facial massage using established Chinese techniques in order to improve circulation, increase cellular regeneration, revitalize the face and head, and relieve stress. This massage also incorporates auricular acupressure and cranial massage to help unblock meridians. **£20**

COSMETIC ACUPUNCTURE

Acupuncture is used in China for cosmetic purposes by improving blood and Qi circulation to your outer extremities. This improved circulation makes eyes brighter, hair stronger and shinier, and skin firmer, softer and more radiant. This is a very special service that allows you to improve your appearance from the inside using only the natural effects of your body. **£30**

BODYCLINICTREATMENTS CANBE GIVEN ON A WALKINBASIS DEPENDING ON THERAPIST AVAILABILITY. TO FIND OUT MORE OR TO BOOK AN APPOINTMENT ASK A MEMBER OF STAFF FOR CALL CLINIC RECEPTION ON 020 7388 6704.

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